Vitamin E Covid-19 Breathing Assessment Guidance

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This is my personal guidance for Covid -19 intended for dealing with issues/risk factors regarding non-vaccination.

A Wuhan study tracked the progression of Covid-19 infection. On day 1, the first symptoms of Covid-19 are fatigue, fever, muscle pain, and cough. Between day 2 and 4, the fever, fatigue, and cough usually persists. Around the 5th day, difficulty breathing ensues along with all the other aforementioned symptoms. These symptoms continue on for about a day until chest tightening occurs with all the other symptoms around day 6. Fatigue, fever, cough, muscle pain, shortness of breath, and chest tightening continue to worsen throughout the next 24 hours. The person develops Acute Respiratory Distress Syndrome and has to be admitted into the hospital. If the symptoms worsen the person is admitted to ICU and placed on oxygen. The Wuhan study found that fever begins to subside around day 12 after initial infection. After this, the person's breathing usually begins to improve. Those whose symptoms worsen usually die around day 18 from the initial infection.

A softgel 400IU Vitamin E (dl-Alpha Tocopherol) protocol should be able to alleviate initial symptoms of fatigue within 3 hours. The softgel should be chewed before swallowing. This would allow for faster absorption. Fever and fatigue combined may take a bit longer to alleviate. However, within hours, the person should began to notice energy levels returning. By the next morning, most symptoms should have subsided. If fatigue returns, then simply apply another 400IU Vitamin E (dl-Alpha Tocopherol) and wait for energy levels to return. The main side effect of Vitamin E(dl-Alpha Tocopherol) that should be anticipated over the next 12-24 hours is nausea as it relates to an oncoming bout of vomiting. Other potential side effects of Vitamin E (dl-Alpha Tocopherol) is elevated blood pressure, elevated libido, stress on the liver, and blood thinning. If one is

taking blood thinning medications, then caution is advised since Vitamin E (dl-Alpha Tocopherol) has blood thinning properties. As far as the nausea/vomiting issue side effect is concerned, one can simply take 250-500mg of Magnesium Oxide(It has to be "Magnesium Oxide.") to combat it. Magnesium Oxide effects in the body operate antagonistically to the effects of Vitamin E in the body. The Magnesium Oxide should alleviate the nausea/oncoming bout of vomiting within at least 1 hour and also keep you from throwing up. The Magnesium Oxide should be in tablet form and chewed before swallowed(not swallowed whole). It should be taken only if one does become nauseous as a result of the Vitamin E intake. The side effect from one dose of Magnesium may be watery bulky stool and lowered appetite. After the Covid Symptoms are gone, the Vitamin E protocol should be stopped. The Magnesium Oxide should also be discontinued so that the liver can recover and appetite can return to normal. Vitamin C can aid this process but should be applied once one is in the safe zone away from Covid risk. Because there are risk factors for prolonged Vitamin E (dl-Alpha Tocopherol) use, it should only be used for emergency purposes. Prolonged Vitamin E use can promote mortality risk from cancer, bleeding/ hemorrhaging issues, high blood pressure, high cholesterol, and gastrointestinal problems. My theory of health is that reducing risk in one aspect automatically increases risk in another. Read Chapter 27 of Ares Le Mandat.

There still needs to be research on Vitamin E's (dl-Alpha Tocopherol) effect on lower respiratory issues and trouble breathing. In the past, I have used Vitamin E (dl-Alpha Tocopherol) for slight shortness of breath and did gain relief within hours. However, there needs to be more studies. Studies have shown that Vitamin E (Alpha Tocopherol) has a protective effect against upper respiratory infections, which are usually the early symptoms of common cold, flu, and Covid-19. Breathing difficulties in flu or Covid-19 occur when the influenza or coronavirus infection spreads to the lower respiratory tract. If research can gather alternative ways to

subvert a shortness of breath episode without having to be placed on oxygen, then the issue of overcrowding hospitals can be deterred. The progression of Covid-19 infection could infer that protocols for getting rid of initial symptoms like fatigue and fever could coincide with alleviating shortness of breath. Perhaps administering Vitamin E to someone with breathing difficulties from Covid-19 may help their prognosis and reduce their risk of mortality from infection if they end up having to go through ICU. I conducted research on asthma sufferers and found that Vitamin E (dl-Alpha Tocopherol) is typically lower in those with asthma. Asthma is a condition that affects the lower respiratory system. A number of asthmatics found success in alleviating their breathing issue with Fish Oil, which is high in Omega-3 fatty acids, but also high in alpha-tocopherol, which is the form of Vitamin E that I am presenting in this paper. This is important because asthma, like pneumonia, involves lower respiratory problems.

If a person is having a bout of trouble breathing related to influenza virus or coronavirus, the question becomes can they simply take 400-800IU of Vitamin E (dl-Alpha Tocopherol) and gain relief without having to go to the hospital for oxygen. Studies infer that at the very least, their mortality risk would drop if they go to the hospital with adequate levels of vitamin E (dl-Alpha Tocopherol) in their system. Vitamin E (dl-Alpha Tocopherol) could reduce their ICU stay.

A recent study showed that water soluble derivatives of Vitamin E inhibits Covid-19.

“Researchers in the United States have shown that water-soluble derivatives of vitamin E (α-tocopherol) exhibit potent antiviral activity against severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) – the agent that causes coronavirus disease 2019 (COVID-19).”

Those who have already been or recently been vaccinated for Covid-19 should use caution with Vitamin E(dl-Alpha

Tocopherol). Caution with Vitamin E should also be applied by those suffering from gastrointestinal issues related to vomiting, those suffering from liver problems, high cholesterol, high blood pressure, bleeding issues. cancer(tumor growth) as prolonged Vitamin E use can exacerbate those issues.

Be sure to follow the links in the bibliography.

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Bibliography

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